



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01123, Egg, whole, raw, fresh

Report Date: July 09, 2017 11:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	76.15	12	0.121	75.43	76.94	11.0	75.889	76.42	1	Analytical or derived from analytical	--	08/2010
Energy	kcal	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Energy	kJ	599	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Protein ¹	g	12.56	12	0.102	11.81	13.06	11.0	12.333	12.782	1	Analytical or derived from analytical	--	08/2010
Total lipid (fat) ¹	g	9.51	12	0.115	8.78	10.3	11.0	9.254	9.759	1	Analytical or derived from analytical	--	08/2010
Ash ¹	g	1.06	12	0.034	0.92	1.33	11.0	0.99	1.139	1	Analytical or derived from analytical	--	08/2010
Carbohydrate, by difference	g	0.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Fiber, total dietary ²	g	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
Sugars, total ¹	g	0.37	6	0.008	0.34	0.4	5.0	0.352	0.395	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Glucose (dextrose) 1	g	0.37	6	0.008	0.34	0.4	5.0	0.352	0.395	1	Analytical or derived from analytical	--	08/2010
Fructose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Lactose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Maltose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Galactose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Minerals													
Calcium, Ca 1	mg	56	6	0.697	54	58	5.0	54.074	57.66	1	Analytical or derived from analytical	--	08/2010
Iron, Fe 1	mg	1.75	6	0.044	1.63	1.93	5.0	1.638	1.865	1	Analytical or derived from analytical	--	08/2010
Magnesium, Mg 1	mg	12	6	0.240	11	13	5.0	11.532	12.768	1	Analytical or derived from analytical	--	08/2010
Phosphorus, P 1	mg	198	6	1.939	193	205	5.0	193.181	203.152	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 1	mg	138	6	1.476	132	142	5.0	134.54	142.127	1	Analytical or derived from analytical	--	08/2010
Sodium, Na 1	mg	142	6	1.138	139	147	5.0	139.242	145.091	1	Analytical or derived from analytical	--	08/2010
Zinc, Zn 1	mg	1.29	6	0.017	1.24	1.34	5.0	1.246	1.334	1	Analytical or derived from analytical	--	08/2010
Copper, Cu 1	mg	0.072	6	0.001	0.07	0.07	5.0	0.069	0.075	1	Analytical or derived from analytical	--	08/2010
Manganese, Mn 1	mg	0.028	6	0.001	0.03	0.03	5.0	0.025	0.031	1	Analytical or derived from analytical	--	08/2010
Selenium, Se 1	µg	30.7	6	2.129	23.3	37.4	5.0	25.211	36.155	1	Analytical or derived from analytical	--	08/2010
Fluoride, F 3	µg	1.1	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2009
Vitamins													
Vitamin C, total ascorbic acid 2 4	mg	0.0	2	--	--	--	--	--	--	2	Analytical or derived from analytical	--	11/2002
Thiamin 1	mg	0.040	6	0.003	0.03	0.05	5.0	0.033	0.047	1	Analytical or derived from analytical	--	08/2010
Riboflavin 1	mg	0.457	6	0.020	0.41	0.52	5.0	0.405	0.508	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	0.075	6	0.002	0.07	0.08	5.0	0.069	0.081	1	Analytical or derived from analytical	--	08/2010
Pantothenic acid 1	mg	1.533	6	0.049	1.4	1.7	5.0	1.406	1.66	1	Analytical or derived from analytical	--	08/2010
Vitamin B-6 1	mg	0.170	6	0.004	0.16	0.18	5.0	0.16	0.179	1	Analytical or derived from analytical	--	08/2010
Folate, total 2 4	μg	47	23	4.966	--	--	--	--	--	2	Analytical or derived from analytical	--	11/2002
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	47	23	4.966	--	--	--	--	--	2	Analytical or derived from analytical	--	09/2010
Folate, DFE	μg	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total 1	mg	293.8	6	4.687	280.5	307.3	5.0	281.702	305.801	1	Analytical or derived from analytical	--	03/2011
Betaine 1	mg	0.3	6	0.028	0.2	0.3	5.0	0.202	0.348	1	Analytical or derived from analytical	--	03/2011
Vitamin B-12 1	μg	0.89	6	0.092	0.65	1.2	5.0	0.657	1.129	1	Analytical or derived from analytical	--	08/2010
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Retinol ¹	µg	160	6	6.614	139	187	5.0	142.838	176.842	1	Analytical or derived from analytical	--	08/2010
Carotene, beta ¹	µg	0	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Carotene, alpha ¹	µg	0	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Cryptoxanthin, beta ¹	µg	9	6	0.673	7	12	5.0	7.442	10.904	1	Analytical or derived from analytical	--	08/2010
Vitamin A, IU	IU	540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Lycopene ¹	µg	0	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Lutein + zeaxanthin ¹	µg	503	6	20.991	431	575	5.0	449.188	557.106	1	Analytical or derived from analytical	--	08/2010
Vitamin E (alpha-tocopherol) ¹	mg	1.05	6	0.116	0.77	1.47	5.0	0.75	1.346	1	Analytical or derived from analytical	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 1	mg	0.01	6	0.003	0.01	0.03	5.0	0.007	0.023	1	Analytical or derived from analytical	--	08/2010
Tocopherol, gamma 1	mg	0.50	6	0.042	0.32	0.64	5.0	0.39	0.604	1	Analytical or derived from analytical	--	08/2010
Tocopherol, delta 1	mg	0.06	6	0.030	0.02	0.21	5.0	-0.023	0.134	1	Analytical or derived from analytical	--	08/2010
Vitamin D (D2 + D3)	µg	2.0	10	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Vitamin D3 (cholecalciferol) 1	µg	2.0	10	0.801	1	9.2	9.0	0.237	3.859	1	Analytical or derived from analytical	--	09/2010
Vitamin D 1	IU	82	10	32.027	39	368	9.0	9.476	154.374	1	Analytical or derived from analytical	--	09/2010
Vitamin K (phylloquinone) 2 4	µg	0.3	2	--	--	--	--	--	--	2	Analytical or derived from analytical	--	11/2002
Lipids													
Fatty acids, total saturated	g	3.126	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0 1	g	0.004	12	0.000	0	0.01	11.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2010
6:0 1	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.004	12	0.000	0	0	11.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2010
10:0 1	g	0.006	12	0.000	0	0.01	11.0	0.005	0.006	1	Analytical or derived from analytical	--	08/2010
12:0 1	g	0.000	12	0.000	0	0	11.0	--	0.001	1	Analytical or derived from analytical	--	08/2010
14:0 1	g	0.033	12	0.001	0.03	0.04	11.0	0.032	0.035	1	Analytical or derived from analytical	--	08/2010
15:0 1	g	0.008	12	0.000	0.01	0.01	11.0	0.008	0.009	1	Analytical or derived from analytical	--	08/2010
16:0 1	g	2.231	12	0.039	2	2.43	11.0	2.144	2.317	1	Analytical or derived from analytical	--	08/2010
17:0 1	g	0.022	12	0.001	0.02	0.03	11.0	0.019	0.024	1	Analytical or derived from analytical	--	08/2010
18:0 1	g	0.811	12	0.016	0.71	0.89	11.0	0.775	0.847	1	Analytical or derived from analytical	--	08/2010
20:0 1	g	0.003	12	0.000	0	0	11.0	0.003	0.003	1	Analytical or derived from analytical	--	08/2010
22:0 1	g	0.004	12	0.000	0	0.01	11.0	0.004	0.005	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total monounsaturated	g	3.658	--	--	--	--	--	--	--	1	Calculated or imputed	--	08/2010
14:1 ¹	g	0.007	12	0.000	0.01	0.01	11.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2010
15:1 ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
16:1 undifferentiated ¹	g	0.201	12	0.008	0.15	0.24	11.0	0.184	0.218	1	Analytical or derived from analytical	--	08/2010
16:1 c ¹	g	0.198	12	0.008	0.15	0.23	11.0	0.18	0.215	1	Analytical or derived from analytical	--	08/2010
16:1 t ¹	g	0.003	12	0.000	0	0	11.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2010
17:1 ¹	g	0.012	12	0.001	0.01	0.02	11.0	0.011	0.014	1	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated ¹	g	3.411	12	0.050	3.06	3.66	11.0	3.3	3.521	1	Analytical or derived from analytical	--	08/2010
18:1 c ¹	g	3.388	12	0.051	3.03	3.63	11.0	3.276	3.5	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.023	12	0.002	0.01	0.03	11.0	0.019	0.026	1	Analytical or derived from analytical	--	08/2010
20:1 ¹	g	0.027	12	0.001	0.02	0.03	11.0	0.026	0.028	1	Analytical or derived from analytical	--	08/2010
22:1 undifferentiated ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
22:1 c ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
22:1 t ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
24:1 c ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total polyunsaturated	g	1.911	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated ¹	g	1.555	12	0.062	1.32	2.01	11.0	1.419	1.691	1	Analytical or derived from analytical	--	08/2010
18:2 n-6 c,c ¹	g	1.531	12	0.062	1.29	1.99	11.0	1.393	1.668	1	Analytical or derived from analytical	--	08/2010
18:2 CLAs ¹	g	0.012	12	0.001	0.01	0.02	11.0	0.01	0.014	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined ¹	g	0.012	12	0.001	0.01	0.01	11.0	0.011	0.014	1	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated ¹	g	0.048	12	0.002	0.03	0.06	11.0	0.043	0.054	1	Analytical or derived from analytical	--	08/2010
18:3 n-3 c,c,c (ALA) ¹	g	0.036	12	0.002	0.02	0.05	11.0	0.031	0.041	1	Analytical or derived from analytical	--	08/2010
18:3 n-6 c,c,c ¹	g	0.012	12	0.000	0.01	0.01	11.0	0.012	0.013	1	Analytical or derived from analytical	--	08/2010
18:4 ¹	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2010
20:2 n-6 c,c ¹	g	0.018	12	0.001	0.01	0.03	11.0	0.016	0.02	1	Analytical or derived from analytical	--	08/2010
20:3 undifferentiated ¹	g	0.023	12	0.000	0.02	0.03	11.0	0.022	0.024	1	Analytical or derived from analytical	--	08/2010
20:3 n-6 ¹	g	0.022	12	0.000	0.02	0.03	11.0	0.022	0.023	1	Analytical or derived from analytical	--	08/2010
20:4 undifferentiated ¹	g	0.188	12	0.005	0.16	0.21	11.0	0.177	0.2	1	Analytical or derived from analytical	--	08/2010
20:5 n-3 (EPA) ¹	g	0.000	12	0.000	0	0	11.0	--	0.001	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 ¹	g	0.013	12	0.001	0.01	0.02	11.0	0.012	0.015	1	Analytical or derived from analytical	--	08/2010
22:5 n-3 (DPA) ¹	g	0.007	12	0.000	0.01	0.01	11.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2010
22:6 n-3 (DHA) ¹	g	0.058	12	0.002	0.04	0.07	11.0	0.054	0.063	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total trans	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total trans-monoenoic	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol ¹	mg	372	12	6.718	344	405	11.0	356.86	386.435	1	Analytical or derived from analytical	--	08/2010
Amino Acids													
Tryptophan ^{2 4}	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Threonine ^{2 4}	g	0.556	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Isoleucine ^{2 4}	g	0.671	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Leucine ^{2 4}	g	1.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Lysine ^{2 4}	g	0.912	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine 2 4	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Cystine 2 4	g	0.272	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Phenylalanine 2 4	g	0.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Tyrosine 2 4	g	0.499	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Valine 2 4	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Arginine 2 4	g	0.820	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Histidine 2 4	g	0.309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Alanine 2 4	g	0.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Aspartic acid 2 4	g	1.329	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Glutamic acid 2 4	g	1.673	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine ^{2 4}	g	0.432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Proline ^{2 4}	g	0.512	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Serine ^{2 4}	g	0.971	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2010
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Flavonoids													
Isoflavones													
Daidzein ^{5 6}	mg	0.02	--	--	0	0.03	--	--	--	--	--	--	--
Genistein ^{5 6}	mg	0.02	--	--	0.01	0.02	--	--	--	--	--	--	--
Glycitein	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ^{5 6}	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
Biochanin A	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
Formononetin	mg	0.05	--	--	0.05	0.05	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 14e, 2010 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

³A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

⁵Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States), 2000 Cancer Causes and Control 11 pp.289-298

⁶Pei et al. Isoflavone content of eggs sampled in the Beltsville, Maryland Area., 2015 Unpublished data